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A Quarterly Insight Into the Happenings at Marinuka Manor



Marinuka Manor

Bethany St. Joseph Corporation

upcoming events >>>

November 28 – **HAPPY
THANKSGIVING!**
December 8 – **Love Light: Celebration
of Life**
2pm: Auxiliary Bake Sale
3pm: Ceremony
December 14 – **Smiles with Santa**
9am to 11am
December 20 – **Marinuka Family
Christmas**
December 24 – **MERRY CHRISTMAS
EVE!**
December 25 – **MERRY CHRISTMAS!**
December 31 – **HAPPY NEW YEARS
EVE!**
January 1 – **HAPPY NEW YEARS!**

Like us on Facebook!

Welcome Dr. Sutton and Chris Peterson, PA!

We are so excited to announce that starting November 1st, we will have Gundersen Health System Physicians rounding in our building. Chris Peterson, PA of the Galesville Clinic and Dr. Daniel Sutton of the Holmen and Galesville Clinics will be joining us in providing doctor visits to Gundersen/Marinuka Manor Patients.

This means that Gundersen Patients who stay at Marinuka Manor will no longer have to travel out to their doctor appointments, unless they wish to see someone other than Dr. Sutton and Chris Peterson, PA. This will ensure a greater collaboration and continuity of care for Gundersen patients staying at Marinuka.

We are both thankful and excited for this new opportunity to work with Gundersen and grow our partnership!



By Leah Rentmeester, Administrator

Special Thanks to Dr. Ohlrogge and Terry Jordan, PA!

As we are very excited to announce our new opportunity with Gundersen, we also have to recognize those who have always been with us.

We would like to thank Dr. Dennis Ohlrogge and Terry Jordan, PA. Dr. Ohlrogge and Terry Jordan, PA have been our rounding Mayo team for many years. In addition, Dr. Ohlrogge and Terry Jordan, PA, for the past 3 years have been seeing both Gundersen patients and Mayo patients at Marinuka Manor, taking on double the work load to ensure continuity, collaboration, and quality care to our residents residing at Marinuka Manor.

It wasn't too long ago when we said "Good Bye" to our previous medical director, and Dr. Ohlrogge graciously accepted the new role at Marinuka Manor. Both Terry Jordan, PA and Dr. Ohlrogge have been a blessing and are assets to Marinuka Manor!

We are so thankful for their support, collaboration, and partnership. We look forward to many more wonderful years to come!



Smiles with Santa



Join us on
December 14
from
9am to 11am
For Pictures with
Santa!

Gather Around the Table This Holiday Season

By Leah Freund, Dietitian

Holiday season is right around the corner, which means family gatherings and an abundance of food. Let us do the cooking and dishes for you! Marinuka Manor invites you to come and celebrate Thanksgiving and Christmas Day with your loved one by having dinner with them for a small cost of \$6 a plate. RSVPs are desired. More information to come closer to the holiday. Call Leah Freund, RD and Nutrition Services Director at 608-582-2211 with any questions and reservations.



Healthy Pumpkin Pie Dip

Ingredients

6 ounces, low fat cream cheese, room temperature
 1/3 cup, reduced fat Greek yogurt
 15 ounces (1 can) roasted pumpkin, no sugar added
 2 1/2 teaspoons cinnamon, ground
 1 teaspoon all spice, ground
 1 teaspoon cloves, ground
 1/8 teaspoon, nutmeg, ground (a pinch!)
 3 tablespoons agave nectar
 2 tablespoons brown sugar
 1/8 teaspoon sea salt

Directions

1. In a food processor, place cream cheese and Greek

yogurt and blend until smooth.

2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.

Nutrition Information

Serving size: 2 Tablespoons

Serves 25

Calories: 35; Total Fat: 1g; Saturated Fat 1g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 25mg; Total Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g; Vitamin A: 50%; Vitamin C: 2%; Calcium: 2%; Iron: 2%

*Recipe from: eatright.org by Stacey Antine, MS, RD

Birthdays!



Featuring: *Share the Music Ladies*

December

Roger Nelson – 2

January

Carol Czaplewski – 9

Sally Deck – 10

'Tis the Season

By Sarah Wick, TRS
 Director/Volunteer Coordinator

This is a wonderful time of year to express gratitude, share in traditions and celebrate all the splendor of this holiday season.

Our residents assist in making pumpkin bars for the community thanksgiving dinner. They take great pride in contributing to our community.

December brings with it a variety of activities. Mark your calendars and plan on attending our Love Lights Celebration of Life on December 8th. The Auxiliary will be hosting a bake sale and the residents will be selling some homemade items at 2:00 with

the program beginning at 3:00. The Love Lights Program is also a memorial service, remembering those we've lost this past year. We also use this as a fundraiser for our residents and have raised money for a variety of things that benefit our residents. This year, we will be raising money for technology for our residents to use (i.e. ipads, companion pets, and virtual reality).

We will be having our Christmas party on Friday, December 20th at 2:00. A special thank you goes out to Tina Thompson and all the work she does for "Young At Heart." This is the 7th year the group has brought gifts of joy to our residents during the holiday season. If you are interested in donating to this cause, you can find "Young at Heart" on Facebook and choose a gift to provide to a resident. We thank everyone for their support and generosity!



Nursing Update

By Lana Berry, DON

Flu Season has arrived. As a reminder, if you are not feeling well or are actually sick, please do not visit until you are feeling better. The elderly population is more susceptible to viruses and bacteria and react more severely to the symptoms. Help us in protecting our residents as best we can by staying away until you are feeling better. We will be giving flu shots this week to our resident and staff.

Welcome to our new nurses:

- Amanda R-RN,
- Emilie S-LPN,
- Beth H-LPN and
- Brenda L-LPN.

We are happy to have each of you on our team at Marinuka.

Nursing staff are working on putting together some fun and different things for all employees to enjoy. Stay tuned for updates and details.

-Marinuka Manor-

Love Light Celebration of Life

Sunday, December 8th
2 p.m. Auxiliary Bake Sale
3 p.m. Program

The Love Light Celebration of Life is a thoughtful way for you to honor or remember someone you love or admire this Christmas Season, while helping the residents of Marinuka Manor.

We invite you to help illuminate the lights on our Love Light Tree. For the past 30 years, generous contributions have enhanced the quality of life of the residents at Marinuka Manor. This year, we will be raising money for technology for our residents to use (i.e. ipads, companion pets, and virtual reality). Thank you for your continued support!

Please join us for the Love Light Celebration of Life Program on Sunday, December 8th. The Auxiliary will be hosting a bake sale at 2 p.m. with a program to follow at 3 p.m. Residents who have passed away this past year will be remembered during the program. Refreshments will be served immediately following.

To assure that the name of your loved one will be included in the program, please have your donation to Marinuka Manor by Wednesday, December 4th. The form below can be mailed or dropped off.

Thank you for supporting our residents!



Marinuka Manor, a BSJ Corporation Facility
Your donation is tax deductible as allowed by law.

2019 Love Light Celebration of Life Contribution Form

Complete form, detach & return to:

Marinuka Manor
19475 Silver Creek Rd.
Galesville, WI 54630

Please make checks payable to Marinuka Manor

Donated By: Name: _____ Address: _____

In Memory Of:

In Honor Of:

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____





19475 Silver Creek Rd,
Galesville, WI 54630
(608) 582-2211

Topic Tuesdays!

Join us
November 12, 2019 at 6pm

The ADRC will be at
Eden House
19441 Eden Drive
Galesville, WI 54630

Topic: Medicare Open Enrollment
and Medicare Part D!

MEDICARE

OPEN ENROLLMENT

An Overlooked Opportunity
To Reduce Healthcare &
Prescription Drug Costs



Refreshments provided by
Marinuka Manor!

These Seminars are meant to be
educational and are **open to
community members** to attend!

The Elderly... Our Link to History!

By Dawn Washburn, Social Worker

All of us have a history. We have made great memories, have had tragic experiences, have had teaching moments, and all these events have shaped our lives and made us who we are today. The picture below expresses this. The picture reminds us to respect our residents, our families, and our peers. Respect our residents for the life they have lived and the experience they can offer. As we spend time with our Marinuka Manor family this holiday season, appreciate and encourage the sharing of their unique histories and life learning experiences.



more awesome pictures at THEMETAPICTURE.COM

2019 Family Picnic!



Thank you for helping us to have another successful Family Picnic! Over 225 people toughed out the rain to enjoy good food and good company! Thanks for joining us for our Annual Family Picnic!

